

Tito's BURRITOS & WINGS

GLUTEN-FREE/VEGAN & VEGETARIAN OPTIONS

Tito's gluten-free suggestions:

- Any of our burrito bowls **EXCEPT** Buffalo Chicken Burrito and **WITHOUT** the crispy tortilla bowl
- Any of our tacos with a hard shell only, **EXCEPT** Bang-Bang Shrimp, Tony Hawk, Tito's Famous Fish & The Fat Amy
- Taco Salad (with **OR** without protein)
- Chop Shop Salad (with **OR** without protein)
- Loaded Nachos (with **OR** without protein)
- Rice & Beans Bowl
- **ADD** fresh sliced avocado for some extra flavor & protein
- Hand-cut Fries
- Tortilla Chips with **ANY** of our salsas **OR** guacamole
- Our **HOMEMADE** tortilla chips are made with corn masa & organic sprouted grains (both **GLUTEN-FREE**) & not fried with **ANY** items containing gluten
- **ALL** of our salsas at the salsa bar are gluten free
- Our homemade mango vinaigrette is gluten free

Food items on our menu to avoid for gluten-free:

- Flour tortillas (12" on burritos & 6" on tacos)
- Crispy tortilla bowl on Burrito Bowls & Salads
- Empanadas (all)
- Battered/fried fish Tito's Famous Fish Taco
- Rippin' Strips (including Rippin' Strips Kids Meal)
- Portobello mushrooms in our veggie mix (made with teriyaki sauce)
- Aloha wing sauce (made with teriyaki sauce)
- **SOME** of our daily specials may contain gluten – if you are unsure about the ingredients, please ask our staff
- Cookies (Bummer)

Tito's vegetarian friendly suggestions:

- Veggie Lover Burrito **OR** Taco
- Taco Salad
- Chop Shop Salad
- Loaded Nachos
- Classic Cheese Quesadilla
- Rice & Beans Bowl
- Hand-cut Fries
- Tortilla Chips with **ANY** of our salsas **OR** guacamole

Tito's vegan friendly suggestions:

- Veggie Lover Burrito **OR** Taco (**NO CHEESE**) - try adding black beans instead
- Taco Salad (**NO CHEESE**)
- Chop Shop Salad
- Rice & Beans Bowl (**NO CHEESE**) - try adding sliced avocado instead
- Loaded Nachos (**NO CHEESE/ & NO SOUR CREAM**)
- Hand-cut Fries (**NO CHIPOTLE DIPPING SAUCE**)
- Tortilla Chips with **ANY** of our salsas **OR** guacamole
- Our homemade tortilla chips are **NOT** fried in oil used for **ANY** poultry/meat/seafood
- **ADD** black beans, fresh guacamole **OR** sliced avocado to **ANY** of these to add extra flavor and protein to your meal
- Our Mexi-rice & black beans **DO NOT** contain **ANY** meat **OR** meat products

It's all good!

